



Nature & Activity Holidays
Costa Brava
Pirineu de Girona
Cycling Holidays & Greenways

Made for cycling





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Cycle tourism on the Costa Brava and in the Girona Pyrenees

Life looks different when you're sitting on a bicycle: everything takes on the right speed and you become part of a landscape in motion. On the Costa Brava and in the Girona Pyrenees there are lots of kilometres of routes and roads ideal for cycling with the family or with friends, in complete safety, so that you can take in every stretch of the region as if you were re-creating it each time you pedal. You set the speed when you're on your bike and the infinity of proposals available will adapt to it perfectly.

The network of greenways, paths for cycling and secondary roads is so vast that on a single trip you can discover small bays on the Costa Brava, mediaeval villages and also travel along Pyrenean trails. It all

depends on how inquisitive you are and how much your legs can take! There are endless reasons to explore unique spots, close to the sea or in the mountains, and to find the complicity that comes to those who ride bikes.

Unique spots close
to the sea or in the
mountains, to find the
complicity that comes
to those who ride bikes.



The prestige of Sea Otter Europe Costa Brava - Girona Bike Show

Girona and the Costa Brava host the prestigious **Sea Otter Europe Costa Brava - Girona Bike Show**, an event that is sure to become a point of reference in Europe and one that brings thousands of visitors and the best worldwide brands in the cycling industry to the city. Brands that represent the bicycle sector in all its modalities: clothes and accessories, technology applied to cycling, health and nutrition, urban mobility and tourist destinations specialising in cycle tourism.

The festival started in the United States with the Sea Otter Classic, which has been mobilising the cycling sector around the world since 1991. In Girona, the event contains an extensive sporting offer and a great range of exhibitions and activities for all ages.

A festival that brings thousands of visitors and the best worldwide brands in the cycling industry to the region.





A paradise for professional cyclists

Girona is host to a large community of professional cyclists, from Canada, Australia, the United States and the United Kingdom, among other countries, who use this city as their training base and a place for living and setting up businesses related to cycle tourism. They are quite clear that Girona is a leading cyclist destination thanks to the large variety of routes in the region, its extraordinary climate and the excellent range of complementary services.



«To us, Girona and the Costa Brava are much more than just cycling. In addition to the spectacular routes that you can enjoy on your bike, the city has a complete range of cultural activities and gastronomy and a perfect lifestyle. This is what has made me choose Girona as a place to settle after my professional career.»

Christian Meier



«Girona is one of the great cycling capitals of Europe. If you are a professional cyclist, it is one of the best places to live: it should be number one on your list, or at least up on the podium. There are many cyclists who live here and we have a whole host of reasons to do so: the city and comarcas, or districts, of Girona fulfil all our requirements.»

Dan Craven



The fusion of asphalt and the landscape

In addition to being a sporting activity, cycling is a statement of personal well-being and quality of life and represents an indicator of excellence in the region. Therefore, Girona can be considered, in its own right, a paradise for road cyclists. Its extensive catalogue of secondary roads and mythical mountain passes enables you to travel the region from one end to another, with great long sections, winding stretches and a continuous up-and-down, surrounded by exuberant plant life that shelters the asphalt and that gives the environment a permanent picturesque air. As your legs cover the kilometres, so the pace of sensations increases: that of the fusion between the sea and the mountains, the intense solitude that a cyclist experiences when suffering, and the shared glory with the group when reaching

the top of a mountain. In the Girona Pyrenees and on the Costa Brava, bicycles and cyclists blend in with the landscape that seems to have been created and designed just for them. The routes coming below are a good example.

Cyclists and bicycles
blend in with
a landscape of roads
designed to keep you
changing gear.

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The fusion of asphalt and the landscape

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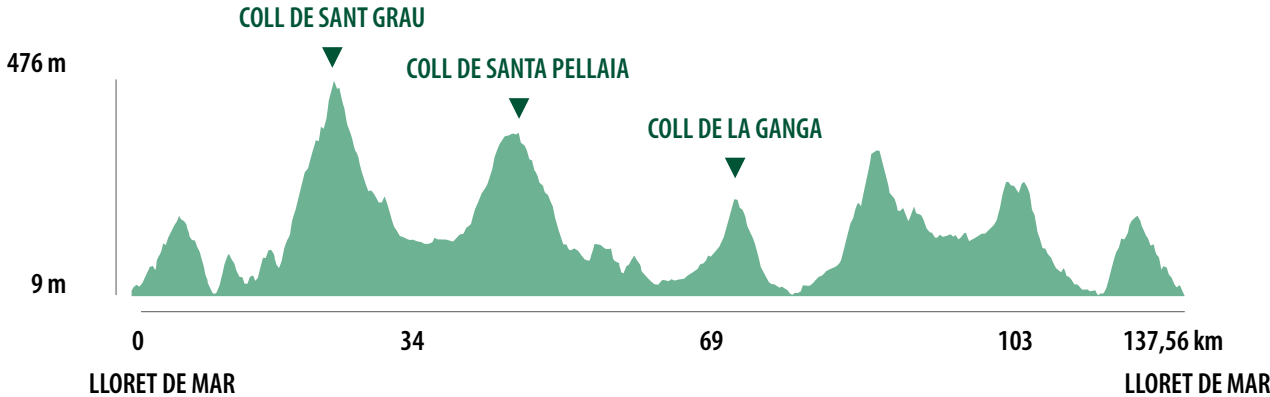
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PROFILE



The Cork Domains. L'Ardenya and Les Gavarres Massifs

L'Ardenya and Les Gavarres are two massifs that are dominated by the cork-producing culture. Large cork oak forests live in harmony with pine trees and granite in these mountains of modest heights that separate the interior from the coast. The roads that cross through them lead to moderately difficult mountain passes, protected from the sun by the forest cover.

The first kilometres run by the sea, along one of the most impressive coastal roads, so that you can grasp the aesthetic aspect of the Costa Brava. The road from Tossa de Mar goes through each of these two massifs, and will take you to the corresponding mountain

passes. Sant Grau Mountain Pass crosses L'Ardenya, with sustained climbs that are accentuated in the final kilometres, up to 10% and, occasionally, as much as 14%. Going through Les Gavarres towards the sea, the road takes the Santa Pellaia Col, which is more regular and gentler, between 3 and 7%, and occasionally reaching 10%. You once again head inland along the Romanyà de la Selva Col, with average gradients no greater than 3%. Your legs will be starting to notice the accumulated kilometres. On the last part of the itinerary, you will also be able to work on your endurance with constant undulations between Llagostera, Tossa and Lloret de Mar.

DATA SHEET

- Lloret de Mar. Public car park (Carrer Esteve Carles, 1. Urban stretch of the GI-682)
- 137 km (including visit to Monells).
- 1850 m
- Technical characteristics: a quite long route which is quite demanding, but without significant gradients, apart from the upper part of Sant Grau Col, that will require a burst of energy. Recommended for leisurely rides during the autumn, winter or spring, when the sun and beach tourism have not yet collapsed the area.



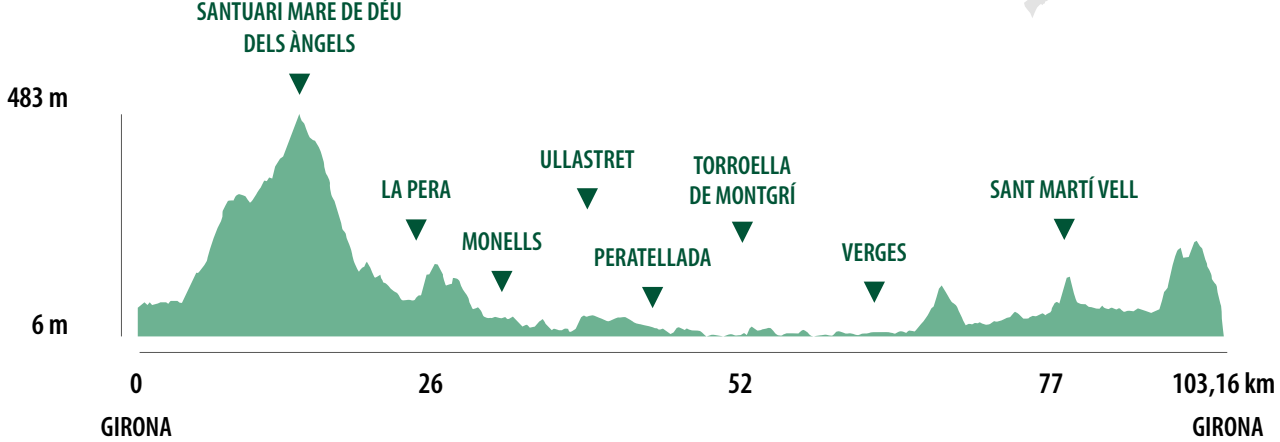
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The Middle Ages by Bike

From the centre of Girona, you go through Les Gavarres with your sights set on the Baix Empordà Plain and its mediaeval villages. The difficult part of the day is the climb up to Els Àngels, a few kilometres into the ride. This popular mountain pass is frequented by all kinds of cyclists, from professional teams based or staying in Girona to amateur cyclists. The ten-kilometre mountain pass has a moderate climb which enables you to warm up your legs and heart and, if necessary, step up the pace to the

Sanctuary of Els Àngels. The accentuated, narrow descent reveals an open, horizontal countryside, a rural plain dotted with villages, such as Púbol, La Pera, Monells and Peratallada, where time seems to stand still. The pedalling becomes gentle and rhythmic, with an efficient cadence adapted to the flatland, except on days when the tramuntana blows from the north.

The route finishes back in Girona along the hamlet of Campdorà, a hidden thread of asphalt, with the final slopes before entering the city from the top.

DATA SHEET

- Girona. Sant Feliu Bridge.
- 103 km
- 900 m
- Technical characteristics: a moderately demanding day that is ideal for working up endurance and practising cadence at the same time as improving your technique riding along narrow streets and small urban areas, in the style of a classic race.



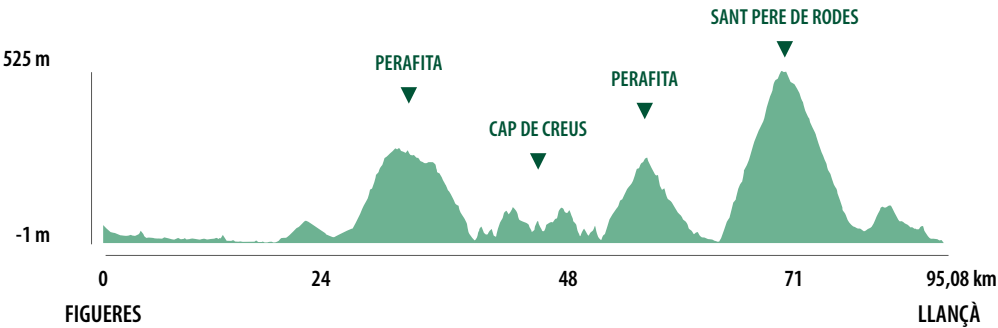
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The Alt Empordà in Two Acts

First stage: Figueres - Llança

Leave Figueres heading towards Roses. The ride is flat and streamline and you can pedal in circles. On windy days, it is an ideal opportunity to practice drafting. Once you have passed the Aiguamolls de l'Empordà Natural Park, just at the entrance to Roses, the mountain starts. The mountain passes are not very high but they will test out your leg power with their continuous ups and downs. Descend to Cadaqués from where you can get to the easternmost point of Catalonia, the Cap de Creus. Majestic and with a lunar landscape, the access road is dotted with slopes that mean you cannot attain a comfortable pace: it is the ideal place to work on sudden bursts of energy, while

mastering the ratio between cogs and chainrings. The climb up to Sant Pere de Rodes from El Port de la Selva is quite the opposite: a sustained climb of 7 and 8%, ideal for a training session of strength and endurance, alternating seated and standing pedalling.

The sea and the intricate configuration of the coast can be seen at every turn. From on high, the Benedictine monastery of Sant Pere de Rodes observes each of your movements. The well-earned, comforting descent to Vilajuïga and Llança is populated with olive trees in a cosmos of dry stone constructions.

DATA SHEET

- Figueres.
- First stage, 95 km / second stage, 115 km.
- First stage, 1300 m / second stage, 1650 m
- Technical characteristics: an itinerary with two highly varied and demanding stages on various types of terrain: plain, mountain and ups and downs, sustained gradients and other gentler ones. It is at its most difficult on windy days, when you will need to perfect your peloton riding technique.



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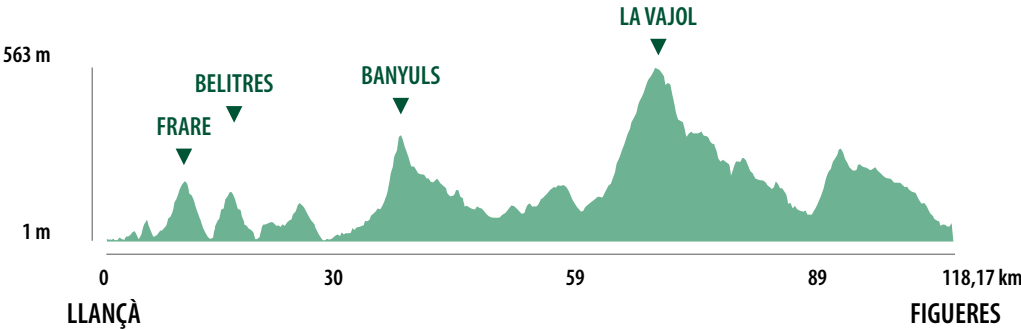
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Second stage: Llançà – Figueres

The second stage, from Llançà, follows the coast and nips into France. It is a rhythmic landscape in which, between one village and another, there is a short, easy mountain pass giving you a chance to work on your cadence and pedalling agility. The gentle slopes also allow you to put the large chainring to the test and to strain the limits of powerful pedalling. This is the case in all the mountain passes, apart from Banyuls, where the slopes, covered in vineyards, can reach up to 20% .

Pedalling this time with your back to the sea, the inland area offers some climbs, although they are easier, and a short stretch of good condition unmade-

up road that crosses the small lakes of La Jonquera enabling you to relive the sensations of classic races such as the Strade Bianche and to understand the secrets of original cycling. Once you have overcome the gradients of La Vajol, you head to Darnius. In the background, the peak of Bassegoda indicates a change of region. It is the Alta Garrotxa and its forest mantle goes beyond your vision. However, you will change direction. Your destination, Figueres, is nearby. An easy cycle, with long gear changes, nudges you gently back towards the Empordà Plain and your final destination, Figueres.



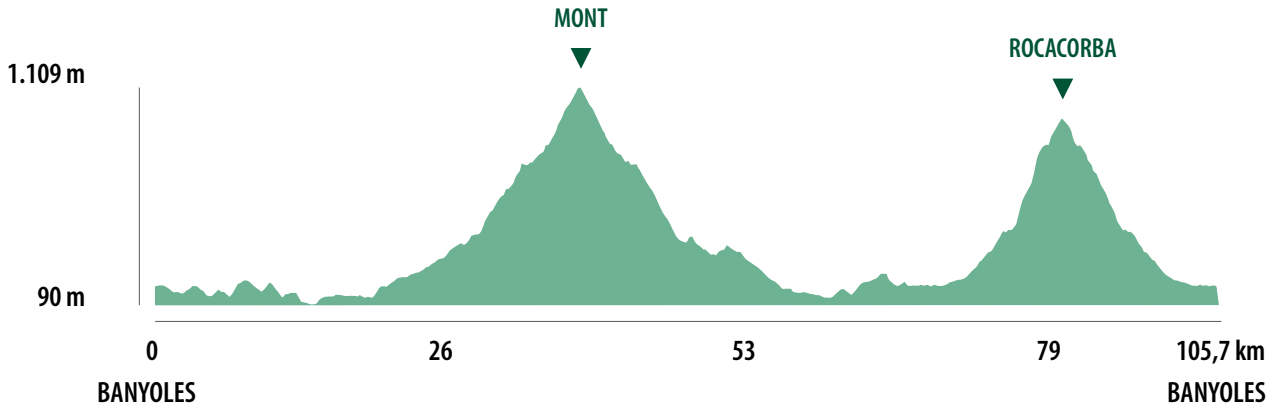
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Two Milestones: The Sanctuaries of El Mont and Rocacorba

You leave Banyoles through fields at the pace of an undulating geography that prepares your legs for the forthcoming effort. Once you have reached Crespià, you head for the Nacional 260 A-road. There, the former Hostal del Vilar, which is now a restaurant, indicates the beginning of the climb up to the Mont Sanctuary with an elevation of almost a thousand metres in 19 kilometres. The ascent becomes harder after the Serra Col: the ten remaining kilometres have walls of up to 15%, providing the opportunity to train your power, standing or seated on your bicycle and to prove your talents as a climber. Once you have crowned the top, the descent to Beuda and Besalú is

treacherous because of the state of the asphalt and the narrowness of the path.

You go through Banyoles again for a second climb: that of the Sanctuary of La Mare de Déu de Rocacorba. This time, an 880-metre elevation and 13.8 kilometres separate you from the peak.

You climb 540 metres in six kilometres during the second part of the climb, alternating very steep slopes of between 12 and 15%. The telecommunications antenna indicates the end of the climb. All that is left is to return with care to earn a well-deserved drink at the end of the route on the shores of Banyoles Lake.

DATA SHEET

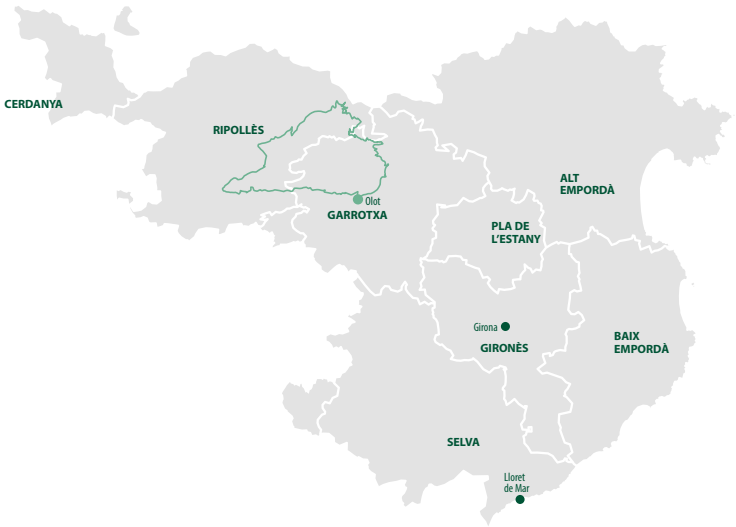
- Banyoles.
- 105 km
- 2050 m
- Technical characteristics: a route that is specifically designed to train sustained climbs with steep slopes, with an ascent up to two of the most representative milestones in Girona, Mont and Rocacorba.



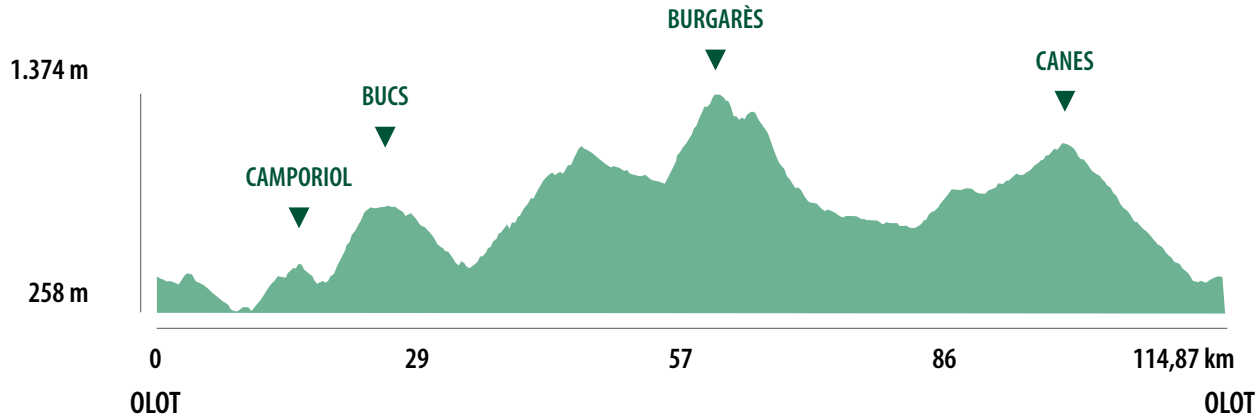
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A Trip to the Romanesque Past

From Olot you head towards Oix and Beget. This is paradise for those who love mountain passes: small chainring and short gear changes for 42 kilometres to overcome three mountain passes. Camporiol Col, with 5 kilometres and slopes that do not exceed 6.5% will prepare your legs for a greater challenge: Bucs (or Pera) Col.

In Beget, we recommend stopping, contemplating the village and filling up with water. The climb to La Boixeda Col starts here. This 12-kilometre stretch with an average gradient of 5% and walls of up to 12% will test your physical condition to the limit.

From Camprodon, heading towards Ripoll, leave the main road at the Colònia Estabanell. A rural path

climbs up towards Cavallera Mountain Range, in search of Bugarès Col. It is narrow and has a good cement surface along which you will pedal for 18 kilometres between meadows, surrounded by silence. Next, the six-kilometre climb offers the chance to practice standing pedalling, whilst trying to find extra power, as the gradients reach up to 13% in some sections. Be careful with the descent to Ogassa, which breaks the 20% threshold.

Leave towards Ripoll along the Iron Route, a pleasant asphalted Greenway. The final mountain pass of the day, Canes, is not at all difficult. From Ripoll, there are 15 relaxed kilometres with an average slope of 3% and the final descent to Olot, the end of the route, is clear and fast.

DATA SHEET

- Olot.
- 115 km
- 2100 m
- Technical characteristics: a physically demanding itinerary due to the number of mountain passes and the gradients of the roads that, at times, exceed 12%. It can become much harder in bad weather, particularly the first two thirds. Check the weather forecast before leaving.





Saddlebag Cycling

A road to be travelled and a bicycle with saddlebags. Can you see your destination? It doesn't really matter, because what you feel is the path itself and the desire to pedal it, the emotion of conquering every metre and of knowing that the route holds surprises that you can't even begin to imagine. The magic of cycle touring is being able to do it on your own or in a group, with a half-crumpled map on your handlebars or with intuition as your only travel companion. Pedalling and enjoying the dusty paths, the endless fields of crops that change colour with each season of the year, the landscape of the Costa Brava and its gentle entrance to the heart of the Pyrenees. It is the law of cycling, with time standing still in your favour and with an entire region to be discovered. That unwritten law that talks about getting to know new countryside, far from the city, unhurriedly and

respectfully, along poetic, inviting trails. The law that drives you to stop off in a lonely bay to take a dip and recover your energy so you can carry on pedalling until lunchtime, when you reach a village you will want to remember forever. Why don't you climb on and start pedalling?

You will feel as if you are conquering every metre and that the route holds surprises that you can't even begin to imagine.



Legend

- 1 The diversity of the greenways

The diversity of the greenways

www.viesverdes.cat

The old railway lines that used to link towns and their industry are today a carefully looked after network of greenways so that, from your bicycle, you can discover unknown places, from the heart of the Girona Pyrenees to the luminous Costa Brava. Five greenways in all have been adapted, with very gentle climbs and different levels of difficulty, so that you can get to know an exceptional diversity of places. You can take the Campdevàrol Camí Ral i Ramader (the Royal and Livestock Highway) in Gombrèn, the Iron and Charcoal Route between Ripoll and Ogassa, the Narrow-Gauge Railway Route between Olot and Sant Feliu de Guíxols, the Caldes de Malavella Thermal Route in Cassà de la Selva or the Small Train Route which links Palamós and Palafrugell.

Former railway lines that have been adapted for all kinds of cycle tourists.



DATA SHEET

- ↔ 140 km (+ 20 km of connection between Sant Joan de les Abadesses and Olot)
- ↗ Depending on the stages. 0,5% - 3%
- ⬇ Minimal
- 🍃 Asphalt agglomerate / Packed granit sand / Earth-cement



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Saddlebag Cycling

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A landscape that changes at every turn

www.viesverdes.cat

The greenways are routes that are suitable for all ages and physical conditions, ideal for exploring the former routes used for transporting minerals or passengers and goods. In the Girona region, the network of greenways goes through five comarcas, or districts, some 30 towns and unique natural spaces such as the pre-Pyrenees, the volcanic area of the Garrotxa, the Vall del Ter, the Deveses of Salt and Girona, the land near Les Gavarres and the Mediterranean coast. From the Pyrenees to

the Costa Brava, nature, gastronomy, leisure and experiences to be shared with the family or with friends while discovering a rich cultural, traditional heritage, from the highest mountains to the most remote bays, making the most of all the features that give each place its unique character.

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Saddlebag Cycling

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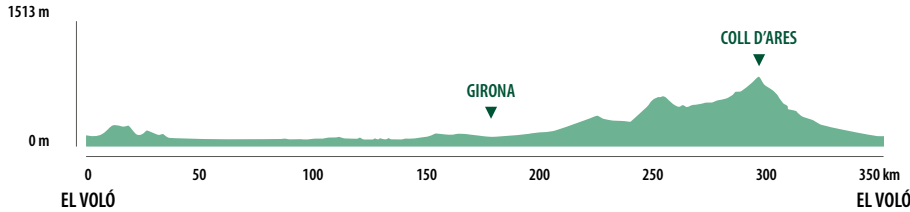
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PROFILE



Legend

2 Pirinexus

Pirinexus, a route that links regions

www.pirinexus.cat

The Pirinexus is a route that reinforces the links between regions. It consists of 353 kilometres to be pedalled that link the Girona comarcas with the Catalan speaking area of France, thereby boosting sustainable tourist mobility.

This transfrontier circular route goes through 53 towns, and is carefully designed so that most of it is on greenways, rural paths or secondary roads with a low density of traffic.

You will feel the pleasure of riding your bicycle in complete safety as never before, because the route is perfectly signposted and the offer of additional services and accommodation available along it means that you can go at your own pace.



DATA SHEET

- 353 km
- Depending on the stages
- Minimal to Medium
- Asphalt agglomerate / Packed granit sand / Earth-cement



Different terrains at your own pace

www.pirinexus.cat

The Pirinexus is divided into different sections, but you have full freedom to decide which stages you want to do and at what pace. You are recommended not to do more than an average of 60 kilometres a day so that you can combine your cycling with discovering the area. The road surface also varies according to the section, meaning that you can use different types of bikes.

From Le Boulou to Palafrugell: agricultural paths, some of which are asphalted, and short stretches on secondary roads.

From Palafrugell to Olot: mainly greenways separated from other wheeled vehicles, apart from the section between Sant Antoni de Calonge and Sant Feliu de Guíxols, which can be done on foot along the coastal paths or by bike on roads.

From Olot to Arles: roads with little traffic, apart from the section between Sant Joan de les Abadesses and Camprodon, which goes along agricultural paths, most of which have been concreted over.

From Arles to Le Boulou: mainly greenway, with some sections that still need to be finished, but with alternatives that mainly follow agricultural paths and some roads.



Legend

6 Follow the River Ter

Follow the River Ter from one end to the other, from the Pyrenees to the Mediterranean

There is an inseparable relationship between Girona and the River Ter. This river, the one with the strongest flow in the region, has for centuries been an essential driving force for industry and agriculture in many villages, from its source in the Pyrenees in the Ulldeter zone in Setcases to its mouth in the Gola del Ter, in Torroella de Montgrí. In the same way that the river silently flows through various comarcas, thereby uniting them, so does the Ruta del Ter, a cycle tourism route consisting of 218 kilometres that unites two tourism hubs: the Pyrenees and the Costa Brava, following the course of the river. Along the route, you can get to know diverse landscapes and explore the cultural features, the gastronomy and traditions of the municipalities through which the itinerary passes.

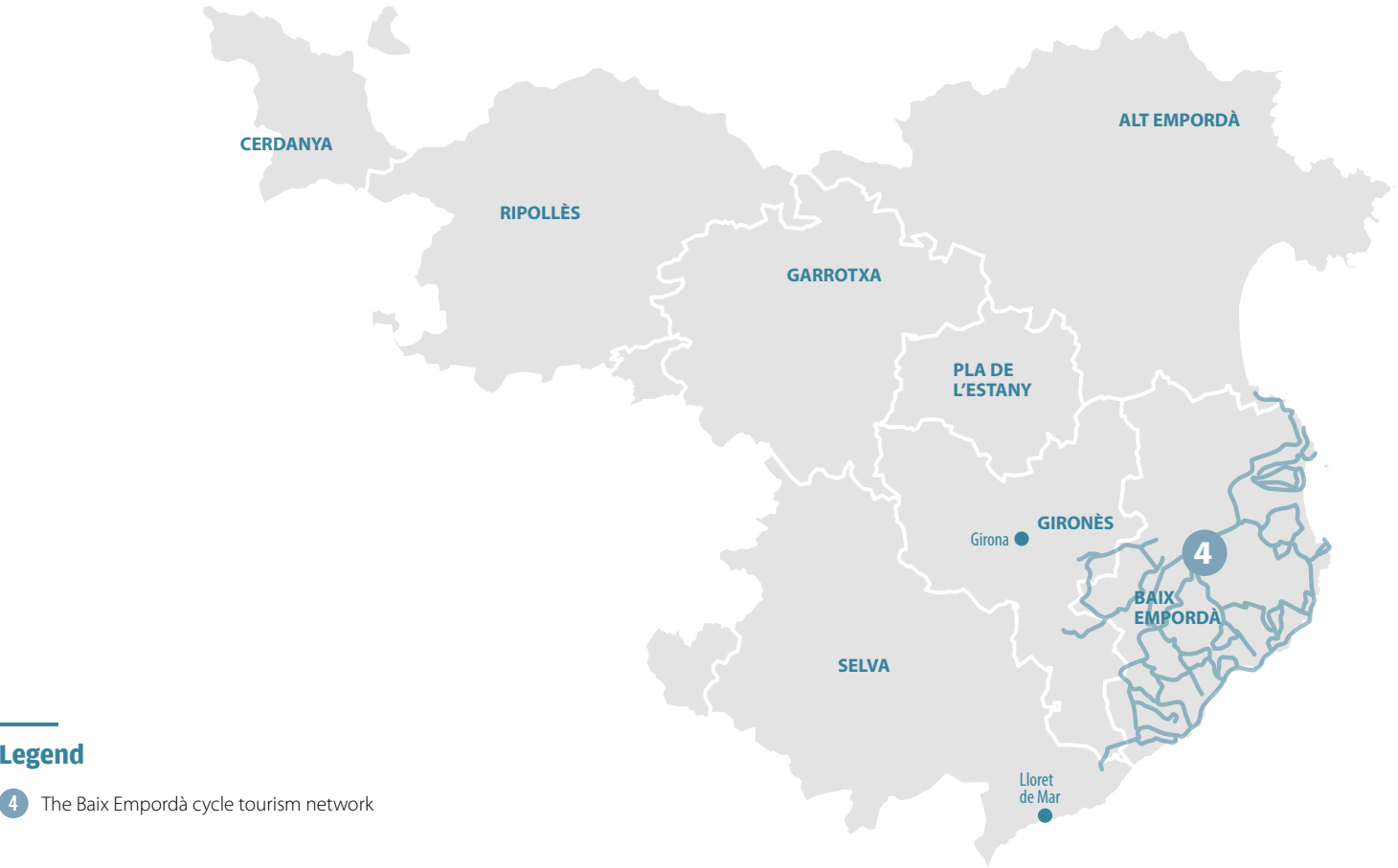
This is a proposal that is designed to take five or six days, but which can be done in any imaginable version, with the option of doing short, round trips, convenient for tourist cyclists passing through.

A fully adaptable route that will enable you to get to know the Girona comarcas from one end to the other.

DATA SHEET

- 218 km
- Starting point: Vallter 2000 (2.150 m)
Finishing point: La Gola del Ter (0 m)
- 5-6 days
- Possibility of loop routes from Flaçà-Celrà and Sobrànigues-Sant Llorenç de les Arenes-Torroella de Montgrí





Legend

- 4 The Baix Empordà cycle tourism network

The Baix Empordà cycle tourism network

The Baix Empordà preserves a wide network of perfectly signposted rural paths, ideal for cycling in a safe environment with a wonderful landscape as its backcloth. The Comarcal Council is the driving force behind this cycle tourism proposal consisting of 250 kilometres, which enable you to get to know the great diversity of heritage found in the region. Most of the route goes along the plain, but you can easily pedal off to the wetlands area or the coastal areas of the Vall d'Aro and the Palafrugell corridor. The entire route is highly segmented and therefore makes it

easier for everyone to prepare their own route, linking the various paths and roads around the region. The leisure companies in the comarca can provide all the necessary services so that you just have to worry about pedalling and exploring land that during the Middle Ages was part of the county of Empúries, sections of the former narrow-gauge railway line, fields of crops, mediaeval villages such as Pals and Peratallada, and the fluvial landscape of the Rivers Ter and Daró.

DATA SHEET

- ↔ 250 km
- Asphalt agglomerate / Packed granit sand / Earth-cement
- Possibility of loop routes





Adrenaline also flows when
you're on your MTB

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Adrenaline also flows when you're on your MTB

Even the inhabitants of the area discover new paths and different viewpoints of their landscape every time they ride their MTB in Girona. This family of bicycles will enable you to delve into incredibly beautiful natural parks, discover mountain villages full of charm or experience the sensations of freedom and dizziness from the Pyrenees to the Costa Brava, with their lush, green areas and their crystal-clear waters, pedalling along paths that will almost take them into the sea. Mountain bikes are a great ally in this wonderful landscape, and will also enable you to enjoy the nature, gastronomy, culture and art of the area at any time of year. You will find a whole host of routes, paths where you can try out your skills or frenetic descents that

will awaken all five senses as never before, in an environment that exceeds the expectation of any cycling fantasy.

There is a wide range
of itineraries organised
to enjoy cycling and
the landscape all year
round.



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Adrenaline also flows when
you're on your MTB

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MTB routes in stages

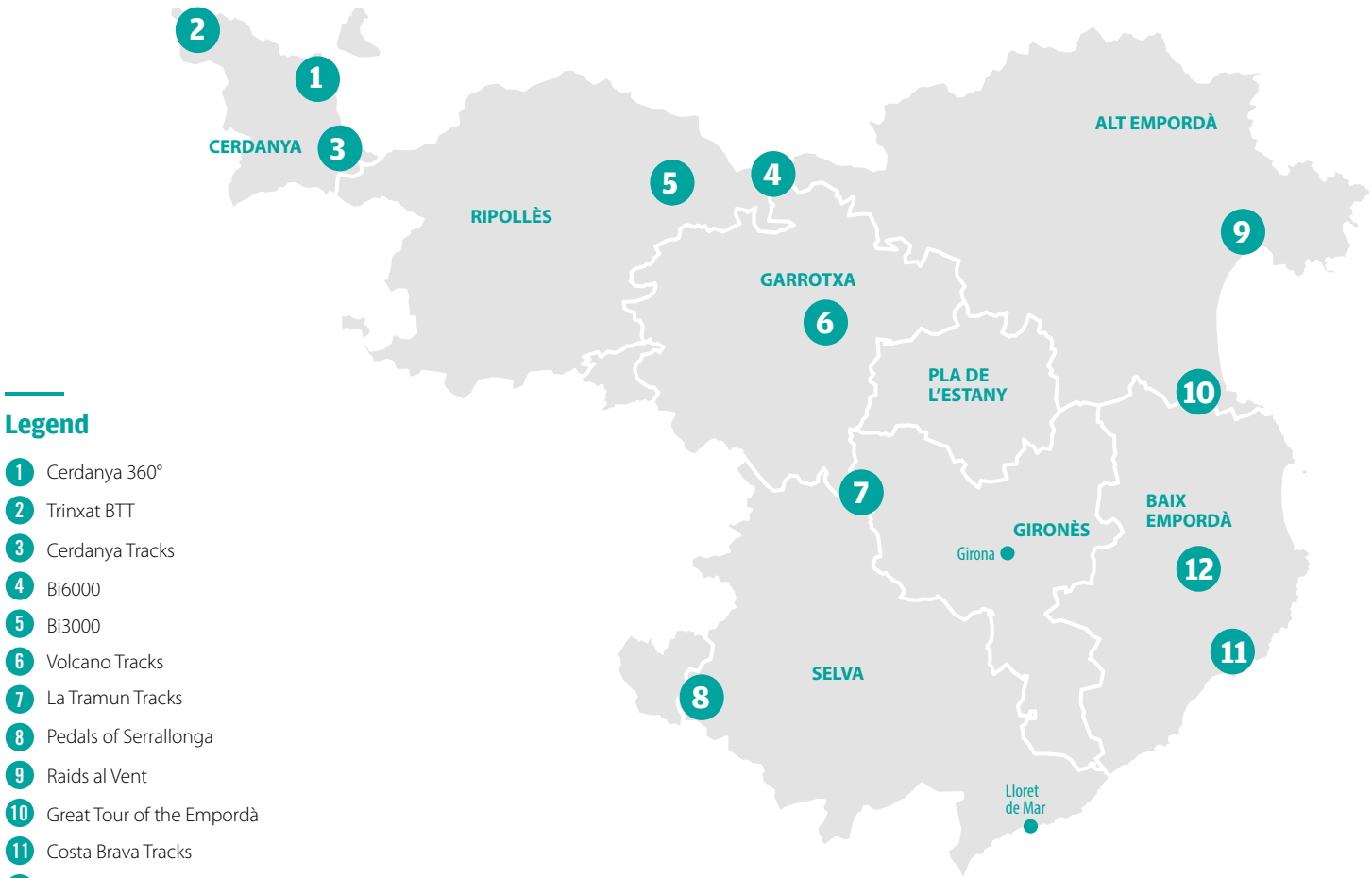
The routes we offer below are proposals that are a little harder as they require a certain degree of preparation. The Girona Pyrenees and the Costa Brava have a very wide range of organised mountain bike routes so that you can enjoy the region and its varied landscape all year round. There are thousands of kilometres of signposted routes, classified according to their level of difficulty as well as a good range of complementary services (bicycle hire, guides, luggage transfer and accommodation) so that you don't have to worry about a thing except enjoying your bicycle.

The range of proposals is very broad, with different kinds of terrain, climbs and distances. The list of attributes of each is also long, but they all share the common feature of a cycling challenge in an environment that guarantees sensations of victory from the first kilometre to the last.

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Adrenaline also flows when
you're on your MTB

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Legend

- 1 Cerdanya 360°
- 2 Trinxat BTT
- 3 Cerdanya Tracks
- 4 Bi6000
- 5 Bi3000
- 6 Volcano Tracks
- 7 La Tramun Tracks
- 8 Pedals of Serrallonga
- 9 Raids al Vent
- 10 Great Tour of the Empordà
- 11 Costa Brava Tracks
- 12 Pedalling through Les Gavarres



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Cerdanya 360°

This transfrontier proposal, which departs from and arrives in Puigcerdà, offers the possibility of travelling the entire comarca by MTB, from the foothills of the Cadí-Moixeró Natural Park to the Capcir and Conflent comarcas. The route benefits from the great breadth of the valley and its 360° view from the northernmost side, with the mountains that border Andorra and France, to the southern side, presided over by Mount Puigmal. There are 275 kilometres that you can adapt to your level and needs: the boldest cyclists can complete it in three stages but if you prefer a gentler pace, you can also do it in six days, with or without a guide.

Adrenaline also flows when
you're on your MTB



Trinxat MTB

With a route of 298 kilometres, this cycle tourism circular route links the comarcas of Alt Urgell and Cerdanya, skirting around Pallars Sobirà and Andorra. In five stages (two or three if you are very keen), you will be guided along a demanding route designed so that cyclists discover a land that is rich in contrasts, as well as being able to enjoy the spaciousness of the Urgellet and Cerdanya plains, pedalling along pleasant tracks running between fields of crops and the river bank. You ride at a fairly high altitude, along tracks at about 2,000 metres, which offer fantastic views. The Trinxat MTB offers all the services necessary for cyclists who use their passion as an undeniable excuse to enjoy the Cerdanya one hundred percent.

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Cerdanya Tracks

This transfrontier route can be done in three, four or five stages, but all the variants include endless paths along riverbanks, through pine and fir forests, and on forest tracks in Cerdanya, Capcir and Conflent. The entire proposal consists of 228 kilometres in permanent contact with peaks and valleys of pastureland, designed so that you really enjoy them and can experience the genuine freedom of riding a mountain bike, whether trail or enduro. The comprehensive packages offered mean that you won't have to worry about anything other than pedalling, enjoying the gastronomy of the villages the route takes you through and submerging yourself in the Cerdanya night, resting at one of the member establishments.

Made for cycling



Bi6000

The bi6000 is a demanding mountain bike circular route that is 250 kilometres long and which crosses the wildest areas of the Eastern Pyrenees, enabling you to discover corners of Ripollès, Vallespir and Garrotxa that you would be unable to imagine, including the Capçaleres del Ter i del Freser Natural Park. Leaving from Camprodon, it is a highly difficult route with an average technical level that can be done in four days, following a guidebook or with a satnav, with a luggage transport service included. The hotel establishments are adapted for cyclists with respect to the menus they offer as well as the bicycle parking, cleaning and maintenance services, among others. The demanding nature of the route is rewarded by being able to follow the former transhumance routes and paths that were used in the times of smugglers.

Adrenaline also flows when
you're on your MTB



Bi3000

This is the reduced version of the bi6000, but only in terms of distance, as the adventure and adrenaline are just as present. It consists of 108 kilometres of genuine mountain biking in two stages, leaving and arriving in Camprodon. It is commonly known as the "exodus route" as the itinerary follows the paths along which the Republicans fled from the country during the Spanish Civil War, and along which smugglers and bandits also travelled. Despite having fewer kilometres, it is a route with some highly technical sections, which will be the delight of those who love descending paths.

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Volcano Tracks

This route proposes cycling through the land of volcanoes and seemingly impenetrable forests. Inhospitable paths and trails that can be done in three or four stages, with the option of completing the 260-kilometre itinerary over two weekends. The Garrotxa Volcanic Zone Natural Park, with beautiful unique places such as the beech forest known as La Fageda d'en Jordà, offer the chance to cycle along demanding sections and comforting paths that will take you to the spectacular Taveret crags and to Besalú and Olot. Cycle touring and nature in eruption, with a complete package of services for participants.

Made for cycling



La Tramun Tracks

La Tramun has become one of the benchmark routes in the Girona area. A marathon of endless paths and trails in the idyllic countryside of Gironès and Garrotxa, which can be done with the family or with a group of friends in two or three stages. A carefully designed route, to offer everything a mountain cyclist expects from a great outing, with fast, entertaining sections, technical descents and the combination of magnificent countryside with spectacular forests and fairy-tale villages that will welcome you with every possible convenience.

Adrenaline also flows when
you're on your MTB



Pedals of Serrallonga

If Serrallonga and his bandits had had bicycles they would not have left this region, but enjoyed a permanent, fabulous adventure in Montseny Natural Park and Les Guílleries Natural Space. This 106-kilometre route starts and ends in Vilanova de Sau and enables you to travel along typical mountain paths and forest tracks, with beautiful narrow paths and delightful trails at your own will, making the most of the hotel and rural tourism infrastructures of this wild area of the Girona comarcas. This classic route is designed to be done in two days, with the possibility of a harder variant that makes it a few kilometres longer.

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Raids al Vent

This four-day circular route, starting and ending in Roses, takes you around the Alt Empordà region by means of a 274-kilometre route, 95% of which goes along paths, trails and forest tracks. It is a route that can be done all year round, despite the weather variations of the northernmost comarca of Girona. It starts with a long 101-kilometre stage, which then gives way to 3 shorter days during which you visit the Albera Natural Area of National Interest from one end to the other as well as the Aiguamolls de l'Empordà and the Cap de Creus Natural Parks.

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Great Tour of the Empordà

Taking for granted the fact that you will eat like nowhere else and taste some unbeatable wines, the Great Tour of the Empordà includes the best routes through this land that Dalí loved. These are routes that go along the best paths and trails so that you can discover the little-known areas of the Alt and the Baix Empordà, avoiding the more touristy areas and going through regions with unspoiled nature. The Great Tour of the Empordà, with a total of 185 kilometres, departs from and arrives back in L'Escala and is designed to be done in two or three days. A highly transversal proposal that will enable you to get to know the paths of the Montgrí, Medes Islands and Baix Ter Natural Park, the rice fields of Pals, the banks of the River Ter, Les Gavarres Massif, and so on, with the archipelago of the Medes Islands as a permanent backdrop. A masterly combination of MTB and nature.

Adrenaline also flows when
you're on your MTB



Costa Brava Tracks

A 216-kilometre route along which you will not stop admiring the beauty of the Costa Brava, its cliffs and remote bays, the coastal paths and the light of the Mediterranean, as well as the serenity of the paths of Les Gavarres. A route to be done over four days so that you can discover the real Costa Brava. Departing from Palamós, with each turn of the pedal you will feel a new wave of sensations, going through Calella, Llafranc and Begur, discovering the mediaeval charm of Peratallada, Madremanya and Els Àngels until coming back to the Mediterranean at Tossa de Mar, Sant Feliu and Calonge-Sant Antoni. Just you and your bicycle, and the whole paradise of sea and nature waiting to be discovered.

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Pedalling through Les Gavarres

A route that is organised through a large Mediterranean forest in the Girona comarcas, with smooth rounded mountains, perfumed with the aroma of the Costa Brava and embraced by the Rivers Ter and Ridaura, with the Empordà Plain at their feet. The thickness of the forest will lead you to believe that the paths and trails have no continuity, but the entire route is easy to pedal. Along the route, you will also discover a rich cultural and ethnographic heritage marked by the presence of man for thousands of years, with dolmens, Romanesque hermitages, ice wells, lime kilns, tile factories, scattered farmhouses and mediaeval villages. A four-day proposal to delve into Les Gavarres Massif, the mountains of Begur and Castell-Cap Roig.



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you're on your MTB

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Circular routes by MTB

Short but intense, brief and exciting. There are hundreds of routes designed to be done in a morning or an afternoon, circular routes that enable you to enjoy the emotion of MTB in all its splendour, with some sections that are more closed and wild and others that are more open and radiant, but always giving you the sensation of being the main protagonist of a love affair between your passion for your bicycle and the forest tracks and genuine paths. The various comarcal councils of the area manage and maintain a series of routes of varying difficulty and duration, suitable for all kinds of fitness levels and with

the desire to give it everything. There are demanding stretches, kilometres along the plain, fast descents, technical paths, trails in forests or down by the sea, riverside landscapes and fields of crops, always with spectacular views.

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Legend

- 1 Sant Pere Màrtir d'Amer (Selva)
- 2 La Gavarra Marítima (Baix Empordà)
- 3 La Muga Natural Path (Alt Empordà)
- 4 Through the inland Pla de l'Estany
- 5 Climb to Sant Grau (Gironès)
- 6 From Montgatut to Sadernes (Garrotxa)
- 7 Connecting the Vall de Camprodon and the Vall de Ribes (Ripollès)
- 8 From Ger to Montmalús (Cerdanya)

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you're on your MTB

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1 Sant Pere Màrtir d'Amer (Selva)

The route starts at the former narrow-gauge train railway station in Amer, where there is the welcoming point for the Girona to Olot greenway. It is a highly-varied route, with numerous climbs and descents, although they are not too steep. The climb through the hills around Amer and Sant Julià mean you can enjoy a splendid perspective of the crags of Sant Roc and the Vall del Ter. After following a short urban stretch along the greenway, the route heads towards the forest area of Sant Julià del Llor i Bonmatí.

2 La Gavarra Marítima (Baix Empordà)

A route for genuine experts in controlling MTBs with a difficult itinerary, due to the accumulated climb as well as the technical sections you will need to overcome. You depart from and arrive at the former narrow-gauge railway station in Castell d'Aro. After a pronounced, long climb, which will require your greatest effort, you will come to Club Golf d'Aro-Mas Nou where, in the centre of an artificial lake, you can see a prehistoric menhir: La Pedra de les Goges. From here there is a highly technical descent to the

Following the route, you will cycle along paths in Mediterranean forests or, if you like, you can take a break next to the Oratory of Sant Pere Màrtir. You then carry on until you come to the River Ter, where it is worthwhile turning off for a few metres to get to the old Sant Julià main road, where you will find an 11th-century mediaeval bridge. From here, you start back to Amer.



21,3 km



+ 416 m



1 h 30 min



26,9 km



+ 328 m



2h 30 min



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3 La Muga Natural Path (Alt Empordà)

La Muga Natural Path follows the course of the River Muga and connects various natural spaces, such as the Alta Garrotxa, the Salines and Els Aiguamolls de l'Empordà Natural Park, revealing the different habitats associated with the river along the way. The route we propose is 40 kilometres and it will bring you closer to the life of the Alt Empordà comarca and its close relationship with the River Muga, in a frontier territory, which combines culture and biodiversity. The route starts in Empuriabrava, where the mouth of the river is found, and goes through Castelló d'Empúries,

Adrenaline also flows when you're on your MTB

Peralada, Cabanes, Pont de Molins, Boadella and Terrades, ending up in Sant Llorenç de la Muga. Along the way, which is long but fairly easy to pedal, you will enjoy unique places first hand, such as the wetlands, large extensions of crop fields, with Mount Canigou in the background, riverbank forests, former watermills, waterfalls and ice wells. A comprehensive route along a natural path that also connects with many other circuits and paths that can be done by MTB.

4 Through the inland Pla de l'Estany

This incredibly beautiful circuit with a notable degree of difficulty offers paths that mainly go through the undulating terrain of Vilademuls and through small, extremely charming rural villages. It is part of the extensive network of routes in the comarca, which are very well signposted and maintained, and starts and finishes in La República hamlet, in Palol de Revardit. The route will take you to numerous Romanesque churches that are found in the Pla de l'Estany, such as Santa Caterina d'Espasens, Santa Maria de Vilamari

and Sant Cugat de Ravós. It is a route of just over 40 kilometres that does not ease up. The continuous ups and downs will make you very aware of your legs but at the same time, they will guarantee emotion and the possibility of exploring paths that many of the inhabitants of the comarca do not even know about.

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42 km



+ 332 m



3h 30 min



43 km



+ 625 m



4 h



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5 Climb to Sant Grau (Gironès)

The route to Sant Grau departs and arrives at the MTB Centre in Sant Gregori (Gironès) and mainly goes through this municipality. When you leave the area of La Pineda, you should look for the path that follows the bed of the Llémèna stream until reaching the confluence where it joins the River Ter. From here on you should follow the path towards the village of Constantins. The route takes you past La Font de Can Perris spring and just before you get to Constantins, it turns off to the right along a forest track that climbs up to the top of Sant Grau (495 m), from where you

Adrenaline also flows when you're on your MTB

can contemplate spectacular views and where the remains of Tudela Castle can be found. You go down the Ginestar side, which will take you along a fast, technical forest track, going past a lime kiln, where you will ride on the level through Ginestar and, once again, follow the Llémèna stream taking you back to where you began.

55



22 km



+ 383 m



2 h



23,6 km



+ 834 m



2 h 45 min



6 From Montagut to Sadernes (Garrotxa)

Montagut is the starting point for this beautiful route which is very difficult, and which immediately makes you climb towards Mount Cós and which also, to give you a taste of what is to come, includes an initial descent along paths that take you to the road that goes around the mountain. Once here, carry on briefly towards Castellfolit, but at the first turn off to the right, the path climbs up towards Mas Espigulé. At this point, the path is very stony and becomes quite treacherous and you will probably have to do part of it

on foot until you come to the path that will take you to Santa Bàrbara. Above, in the hermitage, you can appreciate some wonderful views of the comarca, just before starting the descent to Mas Pujol and continuing along to Sadernes. From here, look for the ford across the River Llierca, to once again enter the forest towards the majestic Romanesque bridge. From here continue to Tortellà and, once again, towards Montagut as the final destination of a route you will want to repeat.



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7 Connecting the Vall de Camprodon and the Vall de Ribes (Ripollès)

A spectacular half-day proposal, most of which is on the Verda mountain pass that links the Vall de Camprodon and the Vall de Ribes. Along the route, you will come to places with an altitude of over 2,000 metres therefore it is recommended to do it in the summer, the end of spring or the beginning of autumn.

Departing from Vilallonga de Ter, take the road towards Setcases and turn off towards the left to climb up towards Tegurà. Continue the climb along the forest

Adrenaline also flows when you're on your MTB

track until you come to just below Mount Balandrau and Mount Cerverís, which are the top of the route, at an altitude of 2,058 metres. After a cattle grid, you enter the Vall de Pardines where the descent starts until you come to the beginning of the path that will take you down, along Mount Tost, to the village of Pardines. The return is along the Verda mountain pass path, with steep climbs. After another cattle grid, the descent starts, and you can enjoy some magnificent panoramic views. When you get to Abella hamlet, carry on going down towards the left until you get back to Vilallonga de Ter.

8 From Ger to Montmalús (Cerdanya)

The tiny village of Ger, in the Baixa Cerdanya, is the starting point of this unique route, which passes through places where you will want to stop and contemplate the countryside. The difficulty of the route, which is medium to high, requires concentration and effort, but the different places you will come across on the way will make each push of the pedals worthwhile. Leave Ger following part of the Camino de Santiago (the Way of St. James) until you reach All, where the challenge of the circuit starts:

a continuous, very long, 7-kilometre climb to the abandoned village of Montmalús. From here, you are rewarded with a fast descent, which is technical in places, with permanent views of the entire valley of Cerdanya, until you are back in Ger.

56



51,86 km



+ 1.593 m



4 h 30 min



16 km



+ 626 m



1 h 30 min





A dizzying descent through
the bike parks

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A dizzying descent through the bike parks

La Molina Bike Park (Cerdanya) is a point of reference for MTB DH and enduro modalities. Making the most of the ski resort's cable cars, it offers 13 downhill slopes for riders of all levels, a cross-country circuit and a wood park. With departures from a height of 2,400 metres, they are particularly indicated for bicycles with dual suspension, although you do not need to have a great riding level to be able to enjoy yourself. In all there are 27 kilometres of passionate, adapted routes and with all kinds of features that go through mountain pine forests and pass through places of great beauty, such as the Pal mountain pass or La Molina Lake.
www.lamolina.cat

Another paradise for those who enjoy enduro and DH is the Pure Riding Bike Park d'Osor (Selva), with very long circuits that go from 900 to 300 metres in a vertiginous descent. Wild paths through damp,

cool forests of chestnut trees, carefully worked routes in Canadian style, with footbridges and wooden bridges perfectly integrated into the landscape will delight the most demanding riders. A bike park with technical, challenging circuits and different levels of difficulty. You go up in a 4x4 vehicle.

www.pureriding.eu

Wooden bridges,
banking, jumps, etc.
carefully designed
routes for downhill
rides you will never
forget.

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A dizzying descent through
the bike parks

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Made for cycling

A dizzying descent through
the bike parks

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MTB centres, cycling all year round

Girona has a comprehensive offer of MTB centres, open areas with free access, located in unique natural spaces, with different levels of difficulty and adapted and signposted for doing MTB. There are a good number of these centres all over the region, aimed at all mountain bike fans, from beginners through to experts. These are places where you can pedal calmly and safely and they offer a series of basic complimentary services for this sport: a welcoming point with information, places

where you can wash, hire and repair bicycles and a whole host of optional services that depend on the characteristics of each centre. There are more than 2,000 kilometres of varied itineraries with different levels of difficulty that are signposted and exclusively for the use of mountain bikes.

Tourism spaces that
provide all the services
needed to enjoy
a genuine day out on
your MTB.



Pla de l’Estany MTB Centre
www.plaestany.cat/centrebt

Porqueres
Kilometres: 53
Routes: 10

Baix Empordà MTB Centre
www.visitemporda.com

Castell d’Aro
Kilometres: 325
Routes: 19

Gironès MTB Centre
www.girones.cat/turisme

Quart
Kilometres: 173
Routes: 13

Ripollès MTB Centre
www.santjoandelesabadesses.cat

Sant Joan de les Abadesses
Kilometres: 562
Routes: 24

Selva MTB Centre
www.laselvaturisme.com

Amer
Kilometres: 412
Routes: 25

**Salines-Bassegoda
MTB Centre**
www.salines-bassegoda.org

Navata
Kilometres: 597
Routes: 33



A full competition schedule

The craze in recent years for mountain biking and road cycling has led to a proliferation of organised competitions that bring together hundreds of participants, which include world champions and figures of international renown. There is a full calendar of tests, from one-day circular routes through to seven-day crossings of the entire Pyrenees mountain range. The difficulty is set by the terrain, which has been carefully studied and which is in dreamlike surroundings, and the levels of exigency are set by each individual. This is the key to the success of these proposals that make it possible to include highly experienced cyclists down to complete beginners.

The most notable dates on the MTB calendar are the Transpyr Coast to Coast, the Girona MTB

Challenge, La Tramun and the transfrontier Sealight - Camí de Llum, from Cadaqués to Cotlliure. As far as road races are concerned, in addition to hosting emblematic stages of the Volta a Catalunya, the Vuelta a España and the Tour de France, the more mythical mountain passes are the setting for trials such as the Terra de Remences, Transpyr Backroads, La Cerdanya Cycle Tour and the 250/4000 Challenge in Costa Brava.

The terrain establishes the difficulty and each individual sets their own level of exigency.



Companies

If you're one of those cycling fans who prefers to have professional support for discovering territories, to gain deeper knowledge or to enjoy unique experiences, you will find below a series of local companies that will be able to help you. With proposals for all kinds of levels and ages, they have all the services and knowledge necessary so that cycle tourists don't have to worry about a thing, apart from pedalling and enjoying themselves.

For cycling fans who prefer to have the support of professionals for discovering new regions.

À la carte cycle tourism with incoming agencies

There are travel agencies specialising in cycle tourism that are able to put themselves in your shoes and design you a made-to-measure programme. Companies that offer a unique stay on the Costa Brava and in the Girona Pyrenees so that all you have to do is pedal and enjoy the company and the route. They are professionals who are highly familiar with the local area and each part of the region and who take care of the accommodation and all the necessary services, including selecting the best options on dirt and asphalted tracks, offering the most emblematic routes

and climbs to the most mythical mountain passes in the world of cycling. They will provide proposals designed on their specialist experience, adapted to all levels of physical fitness and for the length you require.

They offer emblematic routes and climbs to the most mythical mountain passes in the world of cycling.

Cycle Tourism and the Environment Girona

This Girona-based agency specialising in bicycle routes and trips organises circuits around the Girona comarcas and trips to different regions of Spain and the rest of Europe. A pioneer in creating cycle tourism routes in Catalonia, it is a benchmark incoming agency that offers a wide catalogue of services, including bicycle rental, and that promotes new routes and thematic activities, and organises sporting holidays that are tailor made, taking care of all the details of your stay for road, mountain bike and leisure cycling.

www.cicloturisme.com

Bike Breaks Girona Cycle Centre Girona

Intense experiences throughout Girona and the Pyrenees, on road or mountain bikes, organised by a team of experienced professionals in the sector. This is the proposal from Bike Breaks: a wide range of cycle tourism packages to enjoy kilometres of silence along unique roads, training programmes to improve your fitness with dreamlike routes, as well as legendary Pyrenean peaks and paths that you will never forget. For mountain bikers, they offer a selection of guided trips specially designed for all levels, from departures around Girona to routes to the most remote mountains in the region. The catalogue includes the possibility of renting bicycles as well as a full range of complementary services, so that you don't have to worry about a thing.

www.gironacyclecentre.com

Trek & Ride Calella de Palafrugell

Trek & Ride are specialists in making your dream holidays on a bicycle a reality. You choose the duration, the difficulty of the route and the services you need. Based on this, the team at Trek & Ride get going to offer you leisure cycling routes of great cultural and landscape interest, from the Pyrenees to the Costa Brava, including volcanic areas, forests and fields of crops, mediaeval monasteries, picturesque villages and so on. Itineraries with a guide, or for you to ride on your own, with the peace of mind of having all your needs covered so that you can exclusively focus on enjoying your hobby with your five senses.

www.trekandride.com



Mountain Free Time Camprodon

They define themselves as “experience manufacturers” and are specialists in creating active tourism products. Based in Camprodon, they offer cycle tourism packages of all kinds that include bicycle rental, entrances to museums in the towns through which the routes pass, accommodation, guides, luggage transport, and so on. There are proposals for all kinds of public, from easy family routes lasting two days to discover the Pyrenees area, to three-day routes for a complete tour of the Vall de Camprodon on mountain bikes or complete circuits from the Pyrenees to the sea. They also offer made-to-measure products for electric bicycles.

www.freetime.cat

Agenda Gestió Esportiva Banyoles

Agenda Gestió Esportiva is a team of sports and tourism professionals who work to be able to offer the best experiences, in the most suitable conditions and in unique settings. Based in Banyoles, one of the most beautiful cycling destinations, they provide service throughout the region, with proposals that perfectly combine leisure and physical activity: from rural circuits round the lake or scenic routes on the Costa Brava to climbs up the Pyrenees. The range of options includes programmes for all levels, whether you are preparing for the season and the competitions or you are enjoying a holiday on wheels.

www.agendasports.com



Other cycle tourism services

Within the universe of packages and organised programmes there are a series of companies which, with their proposals, complement the general cycle tourism offer, making a whole host of specific services available that can be extremely useful when preparing your outings. We are talking about the transfer of bicycles and luggage, guided trips to interesting places throughout the region, gastronomic routes, accommodation, mechanical services and combinations with other sporting activities, such as kayaking, scuba diving, sailing, hiking, skiing, etc.

The companies listed below are not travel agents that specialise in cycling, but they do offer specific products for the sector. They are local professionals who are highly familiar with the region and who will help you make your discovery experience on your bike even more comprehensive.

They complement the cycle tourism offer with specific services that can be extremely useful when organising outings.



ATMA-Centre Logístic de Bicicletes

Olot (Garrotxa)
www.atma.cat

Empordà Bike Resort

La Bisbal d'Empordà
(Baix Empordà)
www.empordabikeresort.com

Evenia Travel Services

Lloret de Mar (Selva)
www.evenia.travel

Cycling in Costa Brava

Blanes (Selva)
www.cyclingincostabrava.com

Medaqua

L'Estartit (Baix Empordà)
www.medaqua.com

Viñolas Incoming Services

Roses (Alt Empordà)
www.viatgesvinolas.com/incoming

Happy Bikes Girona

Madremanya (Gironès)
www.happybikesgirona.com

Discover Pyrenees

Prullans (Cerdanya)
www.discoverpyrenees.com

Traveltec

Lloret de Mar (Selva)
www.traveltec.info

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Companies

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Companies

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Burricleta

Girona (Gironès)
www.burricleta.com

Giroguies

Palafrugell (Baix Empordà)
www.giroguies.com

Estació Nàutica L'Estartit - Illes Medes

L'Estartit (Baix Empordà)
www.enestartit.com

Caiac i Natura

Porqueres (Pla de l'Estany)
www.caiacinatura.com

Taxi Bikes

Sant Feliu de Guíxols (Baix Empordà)
+34 699 365 253

eBici.cat - Biciclick Girona

Girona (Gironès)
www.ebici.cat

Estació Nàutica Roses - Cap de Creus

Roses (Alt Empordà)
www.enroses.com

Bicycle rental companies

When we tell you that the specialist companies provide all the necessary services to be able to enjoy a day of cycle tourism, we mean that they provide everything, starting with the bicycle itself. If you do not have one or you don't want to bring it with you, there are many companies throughout the region that will provide bicycles for hire to reach any part of the Girona Pyrenees and the Costa Brava. They have bicycles for all kinds of cycling modalities (MTB, cruiser, road, electric, urban, tandem, children's, adapted, enduro and downhill) and can provide all the accessories you might need, such as helmets, children's seats, saddlebags,

water bottles, etc. as well as the transfer of the bicycles at the end of the route. All the material you need to enjoy your passion one hundred percent, without even having to worry about bringing your bicycle with you.

They offer bicycles for all modalities and with all the accessories you might need.



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Companies

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Companies

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Cicles JK

Palafrugell (Baix Empordà)
www.ciclesjk.com

Cicloturisme i Medi Ambient

Girona (Gironès)
www.cicloturisme.com

Bike Breaks Girona Cycle Centre

Girona (Gironès)
www.gironacyclecentre.com

Empordà Bike Resort

La Bisbal d'Empordà
(Baix Empordà)
www.empordabikeresort.com

Happy Bikes Girona

Madremanya (Gironès)
www.happybikesgirona.com

Dojo Sant Feliu

Sant Feliu de Guíxols
(Baix Empordà)
+34 972 321 146

Trek and Ride

Calella de Palafrugell
(Baix Empordà)
www.trekandride.com

ATMA - Centre Logístic de Bicicletes

Olot (Garrotxa)
www.atma.cat

Alberg Rural Ruta del Ferro

Sant Joan de les Abadesses
(Ripollès)
www.rutadelferro.com

Medaqua

L'Estartit (Baix Empordà)
www.medaqua.com

Agenda Gestió Esportiva

Banyoles (Pla de l'Estany)
www.agendasports.com

Bicigrino

Lloret de Mar (Selva)
www.e-bicigrino.com

Cycling in Costa Brava

Blanes (Selva)
www.cyclingincostabrava.com

Caiac i Natura

Porqueres (Pla de l'Estany)
www.caiacinatura.com

Burricleta

Girona (Gironès)
www.burricleta.com

Estació Nàutica l'Estartit - Les Medes

L'Estartit (Baix Empordà)
www.enestartit.com

Estació Nàutica Roses – Cap de Creus

Roses (Alt Empordà)
www.enroses.com

eBici.cat - Biciclick Girona

Girona (Gironès)
www.ebici.cat

Eo Bikes – Walk & Bikes

Figueres (Alt Empordà)
www.eobikes.com

CAT Can Guetes. Fundació MAP

Ripoll (Ripollès)
www.cat.fundaciomap.org



Accommodation and garages for bikes

The specialist offer of cycle tourism services has been regulated by means of recognitions and certificates that accredit the quality and the respect towards the environment. Therefore, you will find accommodation that has adapted to the needs of cyclists by creating spaces for storing bicycles and offering high-calorie meals at adapted times, larger rooms so that you can have your bicycles in them, a mechanic's workshop, an area for cleaning, etc. Throughout the region, you will also find hotels that have prepared independent garages where guests can safely leave their bicycles, which adds peace of mind to their list of services.

To guarantee the quality of this kind of accommodation, there are various quality seals that certify their strategic commitment to cycle tourism and

that position them as active members of a tourist destination, which is a benchmark in the development of sustainable tourism.

They have safe places to store your bicycles and areas to clean and repair them so you can notch up even more kilometres.

You can trust them! They are Bed&Bike and Bikefriendly!

The Girona Pyrenees and the Costa Brava have diverse certificates that show a clear commitment to quality at the service of cycle tourism. The Bed&Bike distinctive guarantees that the establishment offers adequate services for road and mountain cyclists, that they are suitable for a single night's stay, with specially prepared, safe spaces to store and clean bicycles as well as to wash and dry clothes, material for repairing and servicing bicycles, spare parts, balanced menus for cyclists and information about routes and their alternatives, among others.

The criteria that govern these quality seals have been based on the experiences of cycle tourists themselves, you also have the guarantee of the Bikefriendly

certificate to be able to fully trust accredited tourist accommodation. These are establishments that have also adapted to the needs of cyclists, to whom they offer special timetables in their restaurants or meals to take away, as well as spaces for recovering and relaxing after a day on a bike. In these establishments, you can also rent bicycles and take out guided routes, among many other services.

The Catalan Tourism Agency has also created a specific certificate that guarantees the quality of the establishments that take care of road cycling.



These are certificates that guarantee that the establishment offers everything you will need as cycle tourists.





Made for cycling

Accommodation

The Costa Brava and Girona Pyrenees is home to a range of accommodation options with different rates, sizes, types and rating: from seaside or mountain hotels and apartments in busy tourist towns to stays in country farmhouses, beautiful campsites and internationally renowned resorts.

Culture

Culture in the Costa Brava and Girona Pyrenees means going back to the origins of civilization. Visitors can discover, in order of age, megalithic monuments on the Albera and Gavarres massifs, prehistoric caves in Serinyà, Iberian, Greek and Roman villages along the sea, particularly in Empúries, as well as examples of Romanesque, Gothic, Baroque and Art Nouveau influence across the region.

Medieval samples are as impressive as Sant Pere de Rodes and Ripoll, still breathe the air of experiences thousand year old.

Cuisine

The relationship between culture and cuisine is virtually inseparable, to the point that Salvador Dalí said that "beauty should be edible, or not at all". The cultural perspective embodied by cuisine in our province today is a revival of its most innovative aspects at the hand of renowned chefs including Ferran Adrià and the Roca brothers.

Information

Some establishments are specialised in travellers who visit the area to practice outdoor activities, particularly cycling and hiking, and provide every amenity to make visitors feel right at home.

Remnants of the medieval period still stand, like Sant Pere de Rodes and Ripoll, with their air of centuries-old tradition.

In recent years, artists like the genius Salvador Dalí opened a new perspective of our environmental and cultural landscape, reflected in unparalleled artistic creations.

In total, more than 55 museums and 550 monuments fill this land with culture and tradition.

However, the culinary options that visitors can find in the Costa Brava and Girona Pyrenees is wide and varied, based on cuisine strongly linked to the land's traditional roots.

The region's cuisine is a culture to experience and enjoy, with high standards and professionalism backed by internationally renowned restaurants.

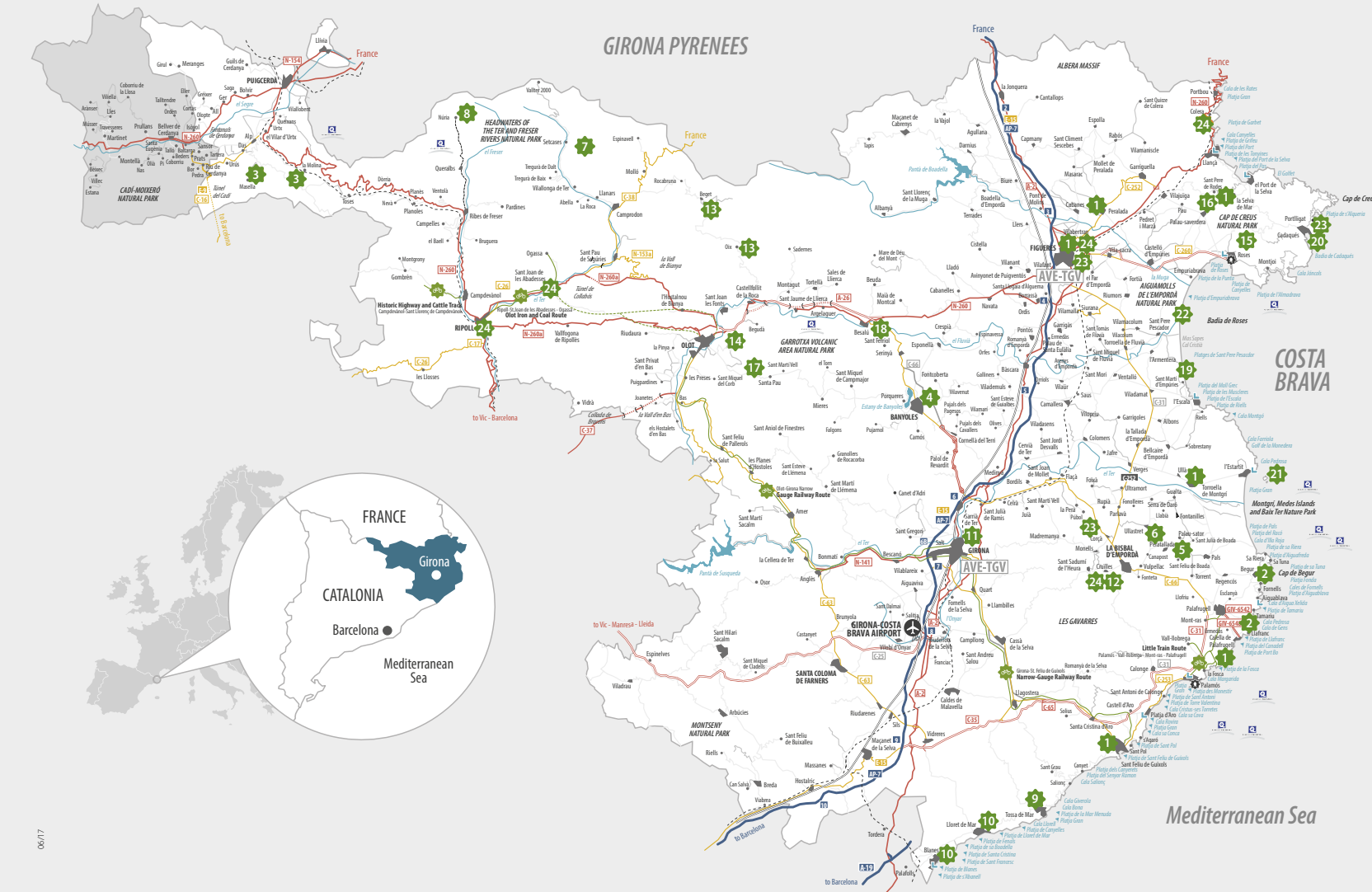
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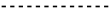
Map

Main attractions

- 1 Music Festivals of the Costa Brava and Girona Pyrenees
Peralada, Cap Roig, Torroella de Montgrí, Porta Ferrada (Sant Feliu de Guíxols), Sant Pere de Rodes, Schubertiada
- 2 Coves of Begur and Palafrugell and Sant Sebastià Lighthouse
- 3 La Molina-Masella
- 4 Banyoles Lake
- 5 Mediaeval towns of Pals and Peratallada
- 6 Iberian Settlement of Ullastret
- 7 Camprodon Valley
- 8 Valley and Sanctuary of Núria
- 9 Vila Vella or Old Town of Tossa de Mar
- 10 Botanical Gardens of La Selva Coast (Santa Clotilde, Pinya de Rosa and Marimurtra)
- 11 Old Town of Girona
- 12 Pottery of La Bisbal
- 13 Alta Garrotxa (Oix and Beget)
- 14 Garrotxa Volcanic Zone Natural Park
- 15 Cap de Creus Natural Park
- 16 Sant Pere de Rodes
- 17 Santa Pau
- 18 Besalú
- 19 Ruins of Empúries
- 20 Cadaqués
- 21 Montgrí, Medes Islands and Baix Ter Natural Park
- 22 Aiguamolls de l'Empordà Natural Park
- 23 Dalí Triangle (Museums of Figueres, Portlligat and Púbol)
- 24 Romanesque architecture
Santa Maria de Ripoll, Sant Joan de les Abadesses, Sant Quirze de Colera, Santa Maria de Vilabertran, Sant Miquel de Cruïlles
- 25 «Surf and Turf» cuisine (throughout the region)



Map key

-  Toll motorway
-  National main road
-  Dual carriageway
-  Major road
-  County road
-  Local road
-  Under construction
-  Other roads
-  River
-  Rack railway
-  **AP-7** Motorway symbol
-  Motorway exit
-  **N-141** National main road symbol
-  **C-1141** County road symbol
-  **C-25** Major county road
-  **C-151** New code system Estació de
-  **AVE** High-speed rail station
-  County boundary
-  Railway
-  AVE (High-speed train)
-  Greenway
-  Tunnel

-  **Blue Flag Beaches 2017**
Award granted by the European Union that recognises the quality of the waters and the services provided to users on the beaches.
-  **Blue Flag Port**
-  **Cruise port**
-  **EMAS Eco-Management and Audit Scheme 2017**
Begur: Club Nàutic Aiguablava
Blanes: Club Vela Blanes and Blanes Port
Calonge: Can Cristos - Ses Torretes cove, Torre Valentina Beach, Sant Antoni Beach, Es Monestri Beach and the town seafront promenade
Castelló d'Empúries: Empuriabrava Beach
El Port de la Selva: Club Nàutic Port de la Selva and El Port de la Selva Port
L'Escala: L'Escala Port and Club Nàutic l'Escala
Llançà: Club Nàutic Llançà and Llançà Port
Palafrugell: Port Bo, Canadell, Llafranc, Tamariu and Calella de Palafrugell Beaches
Palamós: beaches, coves, Port Esportiu Marina Palamós, Palamós Port, seafront promenade and urban parks
Platja d'Aro: Club Nàutic Port d'Aro
Roses: Santa Margarida, El Salatar, El Rastrell, Nova, La Punta, Els Palangrers, Canyelles-Bonifaci and L'Almadrava Beaches; Murtra, Rostella, Calís, Montjoi, Calitjàs, Pelosa, Canadell and Jóncols natural coves; Roses Cruise Port, Roses Marina, Roses Fishing Port and seafront promenade
Sant Feliu de Guíxols: Sant Feliu de Guíxols Port
Torroella de Montgrí-L'Estartit: L'Estartit Port, L'Estartit Main Beach, Club Nàutic Estartit and L'Estartit seafront promenade
-  **"Q" for Tourism Quality Certificate - ICTE (Institute for Spanish Tourism Quality) 2016**
Calonge: Sant Antoni Beach
Castell-Platja d'Aro: Platja d'Aro Main Beach and Sa Conca Beach
Castelló d'Empúries: Empuriabrava Beach
Torroella de Montgrí: L'Estartit Main Beach
Cerdanya: La Molina Ski and Mountain Resort
Garrotxa: Garrotxa Volcanic Area Natural Park
Ripollès: Vall de Núria Ski Resort

Legend

-  Length
-  Vertical
-  Route duration
-  Difficulty
-  Paving
-  Starting point/Finishing point
-  Possibility of loop route



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